PRANAYAMA

Types of Pranayama

1. Udar Pranayama (Abdominal Breathing)

Introduction: Sanskrit word "Udar" means 'abdomen. Abdominal breathing means breathing fully from your abdomen or from the bottom of the lungs. It is just the reverse of the breathing when you're anxious or tense, which is usually shallow and high in the chest. If you are breathing from your abdomen, you can place your hand on the abdomen and see it actually rise every time you inhale. You will realize that abdominal breathing will help you relax any time you feel anxious.

Technique:

1.Sit in any comfortable meditation pose, lie down in Shavasana, and relax the whole body

2.Observe the spontaneous breath without controlling it in any way. Let it be absolutely natural.

3.Place the right hand on the abdomen, just above the navel and the left hand over the

center of the chest.

4. The right hand will move outward with inhalation and inward with exhalation. The left hand should not move with the breath.

5. Feel the abdomen expanding and contracting

6.Continue breathing slowly and deeply.

7.Inhale while expanding the abdomen as much as possible, without expanding the rib cage

8.At the end of the inhalation the diaphragm will be compressing the abdomen and the navel will be at its highest point.

8.On exhalation the diaphragm moves outward and the abdomen moves inward. At the end of the exhalation the abdomen will be contracted and the navel compressed towards the spine.

Benefits:

Helps to detoxify your body and eliminate toxins.

• Increases digestion and assimilation of food. . Improves quality of sleep.

•Helps to overcome fears.

•Cuts chances of cancer and diabetes.

Precaution: As yogic breathing

Note:

There should be no tension in the abdomen.

Do not try to force the movement in any way.

Try not to expand the chest or move the shoulders.

Breathing ratio- 1:1 (for example; if you choose to inhale for 5 seconds, you should exhale for 5 seconds as well)

2. Vaksh Pranayama (Chest/Thoracic Breathing)

Introduction: Sanskrit word "Vaksha" means 'chest' or 'breast'. Vaksha or Chest breathing is a method of expanding and contracting the rib cage. In Chest breathing this is achieved by the sets of muscles attached to the ribs and other structural parts of the body. To inhale, certain groups of those muscles pull the rib cage upward, forward and outward, expanding the thoracic cavity

and drawing air in the lungs. Exhalation happens by the passive recoil of the ribcage as those muscles relax. Another set of muscles compress the rib cage even further than the starting position, if complete expulsion of air from the lungs is required.

Technique

Sit in a meditation posture or lie in shavasana and relax the whole body.

Maintain unbroken awareness of the spontaneous breath for some time,

concentrating on the sides of the chest. Discontinue any further use of the diaphragm and begin to inhale by slowly .

expanding the rib cage. Feel the movement of the individual ribs outward and upward, and be aware of this .

expansion drawing air into the lungs. Expand the chest as much as possible. Exhale by relaxing the chest muscles. Feel the rib cage contracting and forcing the air out of the lungs.

Breathe slowly and deeply through the chest with total awareness.

Benefits:

• Strengthens the lungs.

Improves the quality of the blood.

Activates Anahata (Heart) Chakra.

Promotes mutual relations.

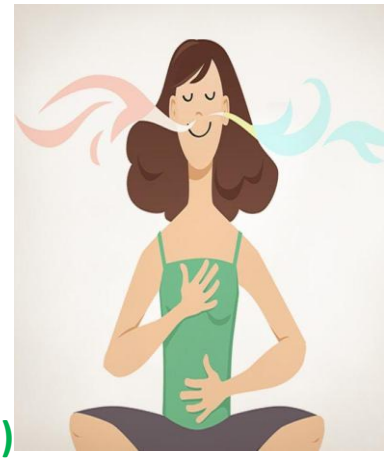
Precaution: As yogic breathing.

Note:

During Thoracic breathing, don't use the diaphragm.

Breathing ratio- 1:1 (for example; if you choose to inhale for 5 seconds, you should

exhale for 5 seconds as well)



3. Jatruka Pranayama (Collarbone Breathing)

Introduction: Sanskrit word "Jatruka" means Collarbone (Clavicular). Jatruka or Clavicular breathing ventilates the upper lobes of the lungs. This type of breathing takes very little effort and is commonly performed during sedentary activities.

As a component of yogic breathing, it is the final stage of total ribcage expansion. It is performed after the thoracic inhalation is completed in order to absorb a little more air into the lungs. In this type of breathing the upper ribs and collarbone are pulled up by the muscles on side of the neck and throat.

Technique:

Sit in any comfortable meditation pose or lie down in shavasana and relax the whole body.

Inhale, fully expanding the rib cage. (When the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck. The shoulders and collar bone should also move up slightly. This will take some effort.)

Exhale slowly, first releasing the lower neck and upper chest, then relax the rest of the rib cage back to its starting position.

Benefits:

Breathing releases tension from collarbone region.

Helps to decrease chronic high stress.

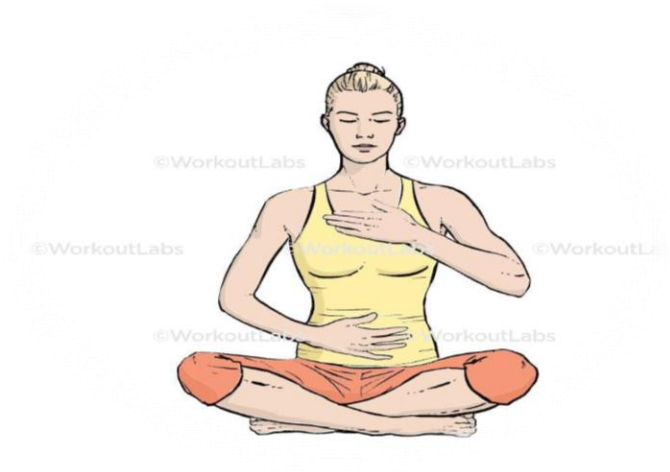
Quiets your mind.

Brings extra oxygen in the upper lobe lungs. It improves mental concentration.

Precaution: As yogic breathing.

Note: There is no need to practice shoulder breathing on its own. Just practice it long enough to be able to perform it in combination with yogic breathing.

4. Yogic Pranayama (Yogic Breathing) Introduction:



Yogic breathing is a combination of all three breathing exercises: abdominal, chest and collarbone breathing. One level up from the rhythmic breathing, awareness is developed furthermore, focusing on the particular part of the body. Firstly, abdominal, followed by thoracic, then Clavicular region will be focused upon. Finally, when all of these levels are mastered, the awareness of the full yogic breath will be developed, joining the movement of all these parts in a harmonious symphony.

TECHNIQUE:

Sit in any comfortable meditation pose or lie down in shavasana and relax the wholebody.

Inhale slowly and deeply, expanding the abdomen.

Inhale little more, expanding the chest and thoracic region.

Inhale further to expand the clavicle region till the lungs are fully expanded (to the base of the neck). Exhale; release the breath and tension from the neck, then from the chest and finally fromthe abdomen. The whole process should be smooth and harmonious.

The breath should be comfortable and relaxed.

Practice 3 to 5 rounds of full yogic breathing.

Benefits

Breathing elevates moods

Realise stress and emotional problems Reduces the risk factors for heart disease.

Slows the aging process and increases anti-aging hormone.

Improves your mood by elevating the "feel good" hormone.

Precaution: During nasal inflammation, infection in nose or nose bleeding basically there should not practice.

5. Kapalbhati Pranayama (Frontal Brain Cleansing Breathing)

Kapalbhati is a pranayama connected to the body cleansing. In Sanskrit word kapal means cranium' or 'forehead' and bhati means light' or 'splendor and also 'perception or knowledge. Hence kapalbhati is the practice that brings a state of light or clarity to the frontal region of the brain. This pranayama invigorates the entire brain and the centers responsible for subtle perception and insight store in one minute)

TECHNIQUE:

Sit in any comfortable meditation pose and relax the whole body.

Keep your back and neck straight, resting your hands on the knees? Close your eyes. Exhale through both nostrils with forceful contraction of the abdominal muscles. The following inhalation should be done gently, allowing the abdominal muscles to relax.

Complete 60 rapid breaths in succession.

Note: In the beginning, make the 2 seconds pause between each stroke. Later, you can shorten the pause to 0,5-1 second.

During the exhalation your navel should be close to the back and diaphragm should

move upward.

Benefits:

Helps those engaged in mental work.

Cleanses the sinuses, respiratory passages and lungs. It stimulates cell breathing which ensures good metabolic activity.

It improves the venous blood circulation by turning the diaphragm into a powerful pump. It irrigates, purifies and invigorates the brain, pituitary and pineal glands.

It strengthens the diaphragm and liver, and improves digestion.

It is particularly useful for spiritual aspirants as it arrests sensory distractions, thoughts, visions and mental chatter, calming the mind in preparation for meditation.

At the same time, it energizes the mind so one is not overcome by sleep while sitting for meditation.

Precaution: Kapalbhati should not be practiced by those suffering from heart disease, high blood pressure, vertigo, epilepsy, stroke, gastric ulcer. It is not recommended during pregnancy.

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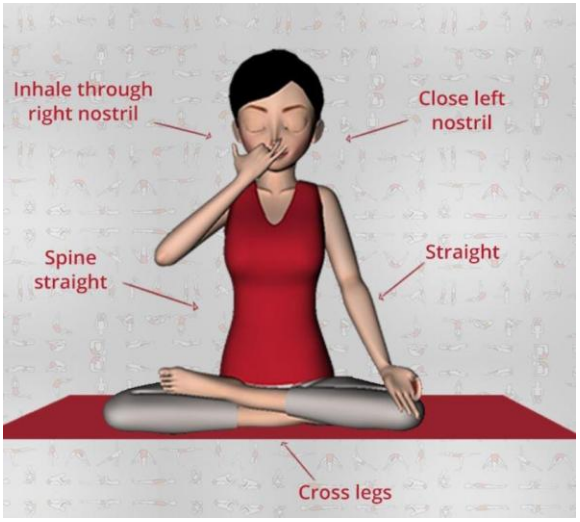
6. Chandra Pranayama (Moon Breathing)



The name of this pranayama comes from the Sanskrit word Chandra which means the eyes thut on "Moon, and it is referring to the Chandra Nadi. The flow of Chandra Nadi is also known as Ida nadi, and in Chinese philosophy it's called as "Yin'. The Chandra Nadi is characterized as slow, soft, yielding, diffuse, cold, wet, and passive, and is associated with water, earth. and femininity. Chandra Pranayama has the cooling energy and this pranayama activates the parasympathetic nervous system. It has tremendous cooling and calming effects on mind,body, emotions and behaviors. Although this pranayama is not mentioned in Hatha yoga pradipika, it is believed that it should be performed as a complementary practice to the Surya Pranayama.

Technique:

Sit in any comfortable meditation pose and relax the whole body.

Keep the head and spine straight.

When the body is comfortable and still, perform the Spontaneous breathing few minutes.

Raise the right hand in front of the face and perform nasagra mudra.

Close the right nostril with the thumb. Breathe in and breathe out slowly, deeply and gently through the left nostril only

This is one round.

Repeat the process 5-10 times.

Benefits:

The mind becomes steady. It's also useful for meditation.

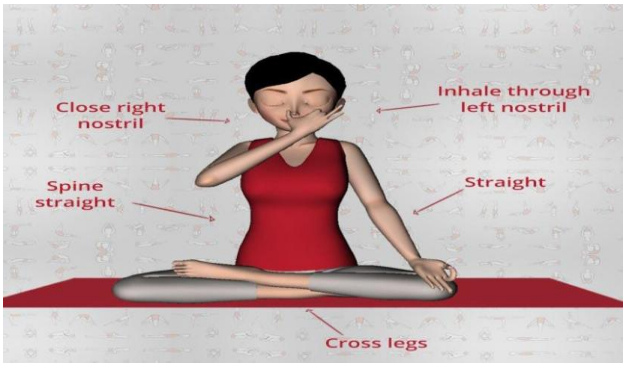
It helps cure heart burn and laziness. It lowers the temperature of your body.

It creates mental introversion and calmness. Also stimulates psychic capabilities

It reduces the flow of bile and as such the body heat is reduced.

It's beneficial in conditions like mental tension, agitation, high BP, heart disease, etc. It cools the system and helps arouse all the attributes associated with Ida nadi.

Precaution: People who are introverted by nature or have serious mental disturbances should not practice this pranayama. Those suffering from sluggish digestion or excess mucus should also not practice it



7. Surya Pranayama (Sun Breathing)

The name of this pranayama originates from the Sanskrit word surya which means the 'Sun', and it is referring to the surya Nadi. The flow of surya nadi is also known as pingala nadi, and in Chinese tradition, it's called as 'Yang". The Surya Naadi, by contrast to Chandra Naadi, has nature of fast, hard, solid, focused, hot, dry, active and aggressive; and associated with fire, sky, the sun, and masculinity. This Pranayama activates the Sympathetic nervous system, termed as fight or flight response.

The Sun is considered to be the source of all the energy in the whole Universe and it is alan considered to be the source of the energy for sur body, as our body is in a way the replica of the Universe that is surrounding us. In Surya pranayama, the breath all time goes in through the right nostril or prana passes through the Surya nadi only

TECHNIQUE: Sit in any comfortable meditation pose and relax the whole body.

Keep the head and spine straight. When the body is comfortable and still, perform the Spontaneous breathing few minutes. . Repeat the process 5-10 times. It makes the mind more alert and perceptive and is an excellent pre-meditation pranayama.

Raise the left hand in front of the face and perform nasagea mudra. Close the left nostril with the left hand's thumb.

Breathe in and out slowly, deeply and gently through the right nostril only. This is one round.

Benefits:

It reduces wind and mucus and increases bile and digestive power

Purifies the blood and helps in immune system. It's activates the sympathetic nervous system and associated physical and mentalstates.

Useful in treating low blood pressure and infertility in women.

It also helps the conditions of sinusitis, rheumatism, thinitis and neuralgia.

By activating pingala nadi, it stimulates and awakens the pranic energy.

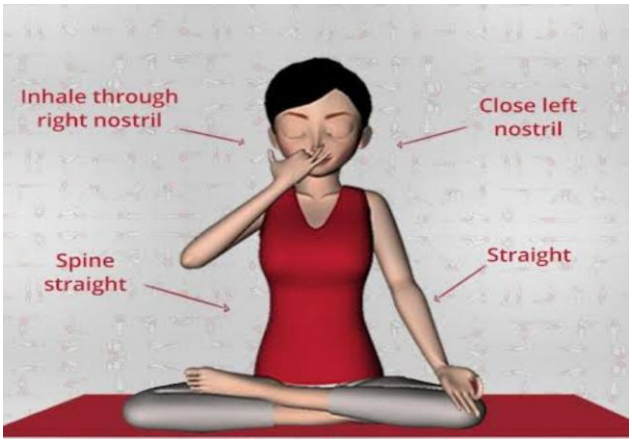
It's alleviates depression, anxiety and phobias.

It is especially recommended for those who are dull and lethargic or who find it difficult to adjust in the external world.

Brings fresh energy to the body so one can perform physical activities more efficiently.

Precaution: People suffering from heart disease, hypertension, epilepsy, hyperthyroid, peptic ulcer, acidity or anxiety should avoid this pranayama.

8. Surya-Bhedi Pranayama (Sun Piercing Breathing)



The name of this pranayama originates from the Sanskrit word surya which means the 'Sun', and it is referring to the surya Nadi (a flow of surya nadi is also known as pingala nadi), while the word bheda in Sanskrit means 'to pierce', 'to cross the target, to awaken The Sun is considered to be the source of all the energy in the whole Universe and it is also considered to be the source of the energy for our body, as our body is in a way the replica of the Universe that is surrounding us. In Surya bheda pranayama, the breath all time goes in through the right nostril (or prana passes through the Surya nadi, which is also known as Pingala nadi), a Kumbhaka (breath retain) is then performed and every time the breath goes out from the body it goes through the left nostril that is the path of the Chandra nadi (flow of Chandra nadi is also known as Ida nadi).

TECHNIQUE:

Sit in any comfortable meditation pose and relax the whole body.

Keep the head and spine straight.

When the body is comfortable and still, perform the Spontaneous breathing few minutes.

Raise the right hand in front of the face and perform nasagra mudra Close the left nostril with the ring finger.

Breathe in slowly and deeply through the right nostril. Close the right nostril with the thumb.

Breathe out gently from the left nostril. This is one round.

Repeat the process 5 times.

Benefits: It reduces wind and mucus and increases bile and digestive power. Purifies the blood and helps in immune system.

It's activates the sympathetic nervous system and associated physical and mental states.

Useful in treating low blood pressure and infertility in women.

It also helps the conditions of sinusitis, rheumatism, rhinitis and neuralgia.

By activating pingala nadi, it stimulates and awakens the pranic energy.

It's alleviates depression, anxiety and phobias.

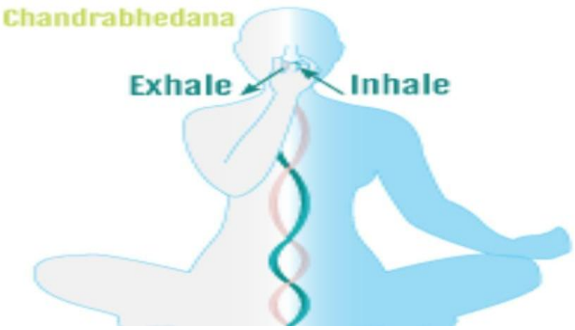
It is especially recommended for those who are dull and lethargic or difficult to adjust in the external world.

Brings fresh energy to the body so one can perform physical activities more efficiently.

It makes the mind more alert and perceptive and is an excellent pre-meditation pranayama.

The yogic texts state that Surya bhedi prevents old age and death, increases the body.

heat and awakens the kundalini. Precaution: People suffering from heart disease, hypertension, epilepsy, hyperthyroid, peptic ulcer, acidity or anxiety should avoid this pranayama.



9. Chandra-Bhedi Pranayama (Moon Piercing Breathing)

The name of this pranayama comes from the Sanskrit word Chandra which means the 'Moon', and it is referring to the Chandra Nadi (a flow of Chandra Nadi is also known as Ida nadi), while the word bheda in Sanskrit means 'one that can pierce', 'to pierce', 'to cross the target', 'to awaken', suggesting the awakening and also energizing the flow through the Ida nadi.

Chandra Bhedi has the cooling energy and this pranayama activates the parasympathetic nervous system. Although this pranayama is not mentioned in Hatha yoga pradipika, it is believed that it should be performed as a complementary practice to the Surya Bedha Pranayama.

TECHNIQUE:

Sit in any comfortable meditation pose and relax the whole body.

Keep the head and spine straight. When the body is comfortable and still, perform the Spontaneous brathing few minutes.

Raise the right hand in front of the face and perform nasagra mudra.

Close the right nostril with the thumb. Breathe in slowly and deeply through the left nostril.

Close the left nostril with the ring finger.

Breathe out gently from the right nostril. This is one round. .

Repeat the process 5 times.

Benefits:

The mind becomes steady. Also useful for meditation. It helps cure heart burn and laziness.

It lowers the temperature of your body.

It creates mental introversion and calmness. It stimulates psychic capabilities.

It reduces the flow of bile and as such the body heat is reduced.

It's beneficial in mental tension, agitation, high blood pressure, heart disease etc. It cools the system and helps arouse all the attributes associated with Ida nadi.

Precaution: People who are introverted by nature or have serious mental disturbances should not practice this pranayama. Those suffering from sluggish digestion or excess mucus should also not practice it.

10. Anulom Vilom Pranayama (Alternative Nostril Breathing)

Also called as Nadi Sodhana Pranayama (Energy Channel purifying) Nadi is a Sanskrit word which means channel' or

'flow and Shodhana means 'purification'. Therefore, nadi Shodhana clears and purifies the subtle channels of the mind-body organism, while balancing its masculine and feminine aspects. It is pacifying for all three doshas and is a suitable practice for mostly anyone. Through nadi shodhana we can destroy the karma and bring balance and peace to life. It also brings vital energy to our body. It is one of the most necessary practices on the path of yoga.

Benefits:Minor blockages are removed and the flow of breath in both nostrils becomes more balanced, activating both brain hemispheres. Its Increases awareness of and sensitivity to the breath in the nostrils.

The long, slow, and balanced breathing has profound effects on energies. Precaution: One should not practice while suffering from colds, flu or fever.

Note:

If your nostril is little bit blocked, then you can close your other nostril partially to equal the breath flow.

If your left nostril is fully blocked, then you can lie down on the right side and breathe normal for 5 minutes. After that time your left nostril will get unblocked and you will be able to perform this pranayama.

If your right nostril is fully blocked, then you can lie down on the left side and breathe normal for 5 minutes. After that time your right nostril will get unblocked and you will be able to perform this exercise. This technique may be practiced by everyone and is used to maintain the balance of body and mind in daily life as well as in therapeutic situations.

TECHNIQUE 1:

Sit in any comfortable meditation pose and relax the whole body.

Keep the head and spine straight. When the body is comfortable and still, inhales and exhales through the both nostril 5times. Inhale and exhale through the left nostril 5 times, then inhale and exhale through the right nostril 5 times. Keep the respiration rate normal, and let your breathing be rhythmical. Be aware of each breath. This is one round Practice 5 rounds.

TECHNIQUE 2:

Anulom - Vilom Nadisodhan Pranayama (with alternate nostril breathing)

Level 1: ratios 1:1

Sit with head & spine straight, raise the right hand & close the right nostril with the thumb, Breathe in slowly and deeply through the left nostril. Close the left nostril with the ring finger, and breathe out gently from the right nostril.

Breathe in from same (right) nostril. Close the right nostril, and breathe out from left nostril. This is one round. Repeat the process 5 times.

Practice note: After one week, if there is no difficulty, increase the length of inhalation/exhalation by one count. Continue to increase the count in this way until the count of 15:15 is reached. Do not force the breath in any way. Be careful not to speed up the counting during exhalation to compensate for shortage of breath. Reduce the count at the slightest sign of discomfort.

Level: 2 ratios 1:2

Benefits:

Level 1 and 2 gives more pronounced balancing of the breath and the brain hemispheres.

It stimulates all chakras. It purifies blood.

It has calming effect, releves anxiety and improve concentration.

It stimulates all chakras.

The ratio 1:1 in stage 1 establishes a calming rhythm for the brain and heart, assisting people with cardiovascular and nervous disorders specifically, and stress-related conditions generally. As the count is extended, the breath slows down. The respiration becomes more efficient because the air flow is smoother and less turbulent. This ratio helps people with respiratory problems such as asthma, emphysema and bronchitis.

Precaution: One should not practice while suffering from colds, flu or fever. Ratio 1:2 is not recommended for those people who suffer from cardiovascular diseases. Breathing should be deep and gentle. Ratio 1:1, or 1:2

TECHNIQUE 3: Antar Kumbhaka (internal retention). Level 1: 1:1:1 to Level 5:1:4:2

TECHNIQUE 4: Antar - Bahir Kumbhaka (internal - external retention) Level 1:1:1:1:1 to Level 6: 1:4:2:2

11. Bhastrika Pranayama (Bellow Breathing)

In Sanskrit bhastrika stands for 'bellows'. This pranayama draws its origins from the ancient times. It was noticed as a way of breathing in Blacksmith's bellows. Bhastrika pranayama is done as a series of fast, forced breathing when diaphragm movement acts as a pair of bellows and fans the internal fire, creating

physical, pranic and psychic heat.

Technique: Sit in any comfortable meditation pose and relax the whole body.

Keep the head and spine straight. Do not strain. Raise your hands up and breathe in forcefully at the same time. Then bring your hands down and breathe out forcefully at the same time. Immediately afterwards breathe in with the same force and continue.

The movements should be slightly exaggerated. • Repeat the process 20 times. 5 rounds.

Note:

During inhalation, the diaphragm should descend and the abdomen should During exhalation, the diaphragm should move upward and the abdomen should move inward. move outward.

Benefits: It helps balance the doshas (humors) - kapha (phlegm), pitta (bile) and vata (wind). It helps to alleviate inflammation in the throat.

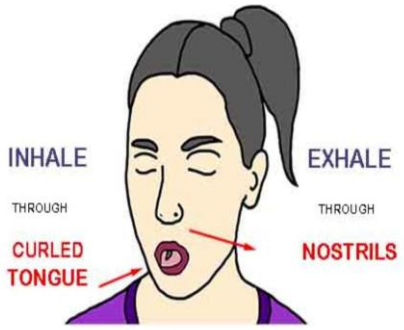
It responds well in hysteria, psychosis and chronic depression. Increases vitality and lowers levels of stress and anxiety by raising the energy and harmonizing the pranas.

Induces a sense of peace, tranquility, and focus and one-pointedness of mind.

Promotes vigor and vitality in the mind and body. The yogic texts state that bhastrika enables prana to break through the three knots in the sushumna passage, making way for the kundalini Shakti to flow upwards freely.

Precaution: Bhastrika pranayama should not be practiced by those suffering from heart disease, retinal problem, vertigo, hernias, high blood pressure, epilepsy, pregnancy, people with asthma should perform under observation of a teacher

12. Sheetali Pranayama (Cooling Breathing)



In Sanskrit the word sheetal means 'calm', 'passionless' and 'unemotional'. The practice of this pranayama brings the peace of mind and serenity in daily life. Sheetali pranayama reduces the body heat and is very effective during hot weather. As inhaling is performed through the mouth, and evaporation of the moisture from the tongue cools the air, which then cools the blood vessels, gradually eliminating excess body heat.

TECHNIQUE: Sit in any comfortable meditation pose and relax

the whole body. Keep the head and spine straight.

Open your mouth.

Extend the tongue outside the mouth as far as possible without straining. Roll the sides of the tongue up so that it forms a tube. Inhale through the rolled tongue in one long, smooth and controlled breath.

At the end of inhalation, draw the tongue inside, close the mouth and exhale through the nose.

Repeat the process 10 times.

Precaution: Do not practice in a polluted atmosphere or during cold weather. The nose heats up and cleans the inhaled air before it enters the delicate lungs. However, breathing through the mouth bypasses this air-conditioning and the induction of cold or dirty air directly into the lungs may cause harm.

Practice inner retention for a short time only as prolonged kumbhaka has a heating effect.

Contra-indications: People suffering from low blood pressure or respiratory disorders such as asthma, bronchitis and excessive mucous, should not practice this pranayama.

Those with heart disease should practice without breath retention.

This practice cools down the activity of the lower energy centers and therefore those suffering from chronic constipation should avoid it. Generally, this pranayama should not be practiced in winter or in cool climates.

Benefits:

The action of pulling the air through the tongue creates a cooling effect on the body and affects important brain centers associated with biological drives and temperature regulation.

It relaxes the body and the mind. It can also remove hunger and thirst.

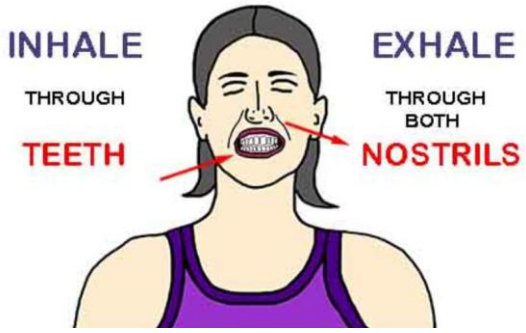
It cools and reduces mental and emotional excitation, and encourages the free flow of prana throughout the body.

It induces muscular relaxation, mental tranquility, and works as a tranquillizer before sleep.

• Sheetali may be practiced whenever one faces a situation where the blood pressure is rising in order to restore equilibrium. • As per yogic texts, Sheetali can cure colic, enlarged spleen, fever & disorders bile issues.

Note: If you can't bend the tongue then you can hold it with the fingers and roll it.

13. Sheetkari Pranayama (Hissing Breathing)



TECHNIQUE: Sit in any comfortable meditation posture.

Close the eyes and relax the whole body.

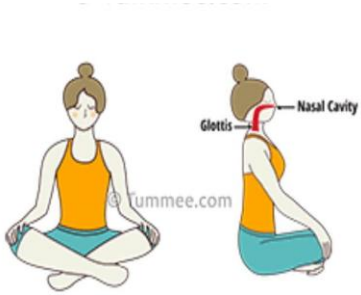
Hold the teeth lightly together. Separate the lips, exposing the teeth.

Inhale slowly and deeply through the teeth. At the end of the inhalation, close the mouth. .

Exhale slowly through the nose in a controlled manner.

Awareness: On the hissing sound and the cooling sensation of the inhaled breath. Contra-indications: As for sheetali pranayama. Practitioners with sensitive teeth, missing teeth or dentures should practice sheetali pranayama instead. Other details: As sheetali pranayama.

14. Ujjayi Pranayama (Victorious Breathing)



Ujjayi comes from the Sanskrit prefix 'ud' which means 'to rise, expand', and jaya means 'to win, to succed'. This pranayama brings the vital consciousness, and draws success in life. It is called beyond the senses breath, as it brings the practitioner beyond the senses and makes the mental state very subtle.

TECHNIQUE: Baal ujjayi (Baby snoring)

Sit in any comfortable meditation pose and relax the whole body. ● Keep the head and spine straight, and close the eyes.

Take the awareness to the breath in the nostrils and allow the breathing to be rhythmic After some time, transfer the awareness to the throat.

Feel or imagine that the breath is being drawn in and out through the throat and not through the nostrils, as if it is taking place through a small hole in the throat. As the breathing becomes slower and deeper, gently contract the glottis, make the sound of a sleeping baby breathing.

When practiced correctly, there will be a spontaneous contraction of the abdomen. Both inhalation and exhalation should be long, deep and controlled.

Relax the face as much as possible. Do not contract the throat too strongly.

The contraction should be slight and applied continuously throughout the practice.

Practice yogic breathing, while concentrating on the sound produced by the breath in the throat. The sound of the breath should be audible to the practitioner alone.

Practice for 5-10 times:

Benefits:

It cures heat in the head as well as and lung diseases like asthma & tuberculosis.

It soothes the nervous system, calms the mind and increases psychic sensitivity. It has a profoundly relaxing effect at the psychic level.

It helps to relieve insomnia and may be practiced in shavasana just before sleep. It slows down the heart rate and lowers high blood pressure.

It eliminates throat ailments and strengthens and improves the voice. Ujjayi is classified as a tranquillizing pranayama, but it also has a heating effect,

stimulating the process of oxidation.

15. Bhramari Pranayama (Black bee humming Breathing)

In Sanskrit brahmar stands for the black Indian bee. This pranayama is called Bhramari Pranayama because of the similarity of the sound produced and the sound of the bee. During the inhalation, the high pitched sound, similar to the one of a feminine black Indian bee, is produced, and as the breath comes out, a deep, low pitched sound, similar to the one of the masculine black Indian bee, is produced.

TECHNIQUE: Sit in any comfortable meditation pose and relax the whole body. • Keep the head and spine straight and close the eyes.

The jaws should be relaxed with the lips gently closed and the teeth slightly separated. This allows the sound vibration to be heard and felt more distinctly. Raise the arms sideways and bend the elbows, bringing the hands to the ears. Use the

index fingers to close the tragus of the ears.

Bring the awareness to Ajna chakra, and keep the body absolutely still. • Inhale through the nose. While inhalation, slowly and in a controlled manner, produce a deep, steady humming sound, like that of the black bee. Be aware of the continuous humming sound within the head. And gently exhale.

The humming should be smooth & soothing.

The sound should be soft and mellow, making the front of the skull reverberate.

This is one round. Practice 11 rounds.

Benefits:

It helps to reduce anger and frustrations. • The vibration of the humming sound creates a soothing effect on the mind and nervous system, relieving cerebral tension, stress, anxiety and insomnia. it speeds up the healing of body tissue and post-operative patients benefit greatly from the practice.It induces a meditative state by harmonizing the mind and directing the awareness inward.

It's a good prelude to the practice of Nada yoga. In Nada Yoga, the consciousness is internalized and practitioner meditates on the subtle internal sounds.

Precaution: People suffering from severe ear infections should not practice this pranayama until the infection disappears. If you feel dizzy at any point, stop the exercise and continue with your normal breathing. Never force the breathing.